

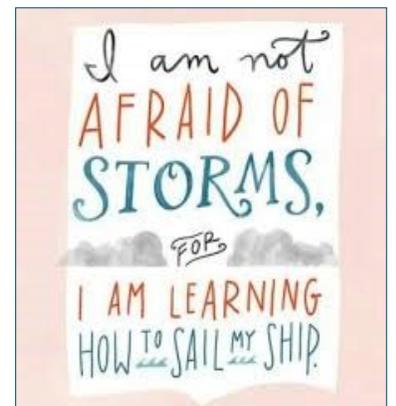
JUNE is
**MEN'S HEALTH
MONTH**



Anchored by a Congressional health education program, Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities. The purpose of Men's Health Month is to heighten the aware-

ness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Source: www.menshealth.org



7 HEALTH FACTS MEN NEED TO KNOW

Only **30%** of a man's overall health is determined by his genetics.

70% is controllable through lifestyle.

Men live **9** years in poor health - mostly preventable by making small lifestyle changes.



MENTAL WELLNESS

Inactive men are **60%** more likely to suffer from depression than those who are active.

7-8 HOURS

SLEEP

Men who sleep 7-8 hours a night have about **60%** less risk of fatal heart attack than those who sleep 5 hours or less.



NUTRITION

How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, ½ an avocado, and a pear.



DRINKING



Those who consume 4 to 10 drinks a week at most have a **lower risk** of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles your risk** of type 2 diabetes.

ACTIVITY

Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by **25%**.



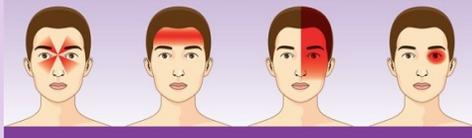
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- National Migraine & Headache Awareness Month
- Tips for a Healthy Summer
- Summer Safety Tips for Pets
- National Safety Month
- Healthy Summer Eats
- Active Family



JUNE IS National Migraine & Headache Awareness Month

SINUS TENSION MIGRAINE CLUSTER



Migraines are much more than a bad headache. Migraines are a prevalent neurological disease, affecting 39 million men, women and children in the U.S. Everyone either knows someone who suffers from migraine or struggles with migraine themselves. It is most common between the ages of 25 and 55 and tends to run in families. About 90% of migraine sufferers have a family history of migraines.

Most people don't realize how serious and incapacitating migraine can be. Every 10 seconds, someone in the U.S. goes to the emergency room complaining of head pain, and approximately 1.2 million visits are for acute migraine attacks. More than 90% of sufferers are unable to work or function normally during their migraine.



Symptoms include a severe throbbing recurring pain, usually on one side of the head. But in about 1/3 of attacks, both sides are affected. In some cases, other disabling symptoms are present without head pain such as visual disturbances, nausea, vomiting, dizziness, extreme sensitivity to sound, light, touch and smell, and tingling or numbness in the extremities or face.

Migraines remain a poorly understood disease that is often undiagnosed and undertreated. More than half of all migraine sufferers are never diagnosed, and the vast majority of migraine sufferers do not seek medical care for their pain. There are many different medications used to treat and prevent migraines. But some people prefer to use natural treatments as alternatives or to supplement medical treatment.

Certain foods and drinks may trigger your migraines. Dietary triggers tend to differ from person to person, so it isn't practical to eliminate all of the foods and drinks that are known to provoke migraines. Instead, it's best to work on finding out which dietary triggers tend to set off your migraines by observing your own migraine patterns.

Finding outlets for stress, such as journaling, exercise, or meditation, may help to prevent future migraines. They may choose to take a warm bath or listen to music, as well, to try to relieve the stress they feel. By doing these positive actions, a person is choosing to take control of their body's reaction to the stress in their life.

Headache -or- Migraine



Pain around forehead



Mild, dull pressure



Pain on sides of head



Intense, pulsing, or throbbing





Incidental, non-recurring



Typically short-lived



Can last for DAYS



Nausea and dizziness



Not usually accompanied by other symptoms



Treatable with medicine, rest, and water



Flashing lights and blind spots



Commonly recurring

Headaches can be a symptom of illness

Migraines ARE the illness

Source: Migraine Research Foundation and Medical News Today

www.axonoptics.com

The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.



Tips for a
Healthy
Summer!

More Reasons to Eat Fruit!



Cherries help calm your nervous system



Grapes relax your blood vessels



Peaches are rich in potassium, fluoride, and iron



Apples help your body develop resistance against infections



Watermelon helps control your heart rate



Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Pinapples help fight arthritis



Blueberries protect your heart



Kiwis increases bone mass



Mangos protect against several kinds of cancer

Please consult your healthcare provider before starting on any diet or exercise program.

SUMMER HEALTH AND SAFETY



PROTECT YOUR SKIN • STAY HYDRATED • PUT SAFETY FIRST

PROTECT YOUR SKIN

Skin cancer is the **MOST COMMON** type of cancer, accounting for **NEARLY HALF** of all cancer cases

The sun's UV rays are **STRONGEST** between 10 a.m. and 4 p.m.

UVB rays are the **MAIN** cause of sunburns

— SUNSCREEN FACTS —

SPF measures how well sunscreen protects against UVB rays only

Water-resistant sunscreen provides protection while swimming or sweating

Broad-spectrum sunscreen protects against both UVB and UVA rays

120°

Within 30 minutes, the car's interior can climb from 85° to 120°.

102°

On a 85° day, it only takes 10 minutes for the inside of your car to reach 104°.

90°

Even if the temperature outside is only 70°, the inside of your car may be as much as 20 degrees hotter!

Keep your pets cool this Summer!



Never leave your pets in a parked car!



weather.gov/heat

Safety Tips For Your Pets



Watch the humidity



Limit exercise on hot days



Provide ample shade and water



Don't rely on a fan



Watch out for hot pavement

Protect your family and pets!



If you see an animal in a car on a hot day, try to locate the owner, or call 911! Stay by the car until help arrives.

Source: ASPCA & National Weather Service: www.weather.gov/heat

PREVENT LEG CRAMPS WHILE EXERCISING IN THE SUMMER HEAT



- Drink Lots of Water
- Move Around
- Focus on Good Nutrition
- Change Your Posture
- Soak It Up





JUNE is NATIONAL SAFETY MONTH

WATER SAFETY TIPS



TEACH THEM EARLY

Teach children to get comfortable in the water and swim at an early age and educate them early about water safety.

ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards.

WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.



SUIT UP!

Make sure children always wear life jackets and use proper water safety and flotation devices.

I'M ON A BOAT!

Children should always wear a PFD (personal flotation device) while on a boat. If it doesn't fit, get one that does.



STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.



GET CERTIFIED

Become certified in infant and child First Aid and CPR.



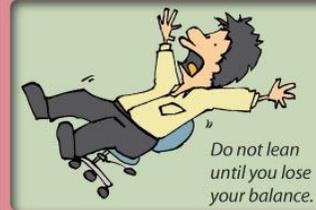
Office Safety



One of the most misunderstood office furniture of all times is the office chair. However, you too, can be safe if you follow the following tips.

Chair pronunciation Key (châr) noun.

A piece of furniture consisting of a seat, legs, back, and often arms, designed to accommodate one person.



Do not lean until you lose your balance.

Use a ladder instead of your chair for overhead reaching.



Do not use your chair to transport items. Use a trolley instead.



Try walking to your phone instead of rolling on the chair.

5 Steps to FOOD SAFETY

1	2	3	4	5
<p>Be Clean, Be Healthy</p>  <p>Never touch food with unwashed hands.</p>  <p>Wash your hands frequently if you are sick.</p>  <p>Wash hands when necessary.</p>	<p>Keep it Cool, Keep it Hot</p>  <p>Keep cold foods at 41°F / 5°C or below.</p>  <p>Keep hot foods at 140°F / 60°C or above.</p>	<p>Don't Cross-Contaminate</p>  <p>Do not store raw foods in the same container as cooked foods.</p> <p>If you have used a utensil or cooking surface for raw meat, wash it before using it with anything else.</p>	<p>Wash, Rinse, and Sanitize</p>  <p>#1 Wash everything you use while cooking or eating in hot water and soap.</p>  <p>#2. Rinse in hot water.</p>	<p>Cook It and Chill It</p>  <p>Cook food until it is ready. For meats, there may be a temperature it has to reach to be safe.</p>  <p>If you have leftovers, store them a 5°C / 41°F.</p>



5 DRIVING SAFETY TIPS

- 

Stay alert to pedestrians, drivers and others around you


- 

Use turn signals to communicate your intention to others


- 

Come to a complete stop at all intersections and red lights


- 

Do not text and drive. 1 out of every 4 accidents in the US is caused by texting and driving


- 

Use headlights when necessary, especially at night and during inclement weather



HEALTHY SUMMER EATS

Sneaky Turkey Meatballs

Most kids refuse to eat certain veggies. In order to feed them healthy foods, may have to be sneaky sometimes. The veggies in this recipe keep the meatballs moist while providing nutrients.

Ingredients

- 1/4 head fresh cauliflower
- 1/2 cup finely shredded cabbage
- 1 tablespoon potato starch or cornstarch
- 1 tablespoon balsamic vinegar
- 1 teaspoon sea salt
- 1 teaspoon dried basil
- 1/2 teaspoon pepper
- 1 pound ground turkey
- Optional: barbecue sauce and chopped fresh basil leaves



Preparation: 15 minutes **Bake:** 20 minutes

- Preheat oven to 400°. Place cauliflower in a food processor; pulse until finely chopped. Transfer to a large bowl. Add the cabbage, potato starch, vinegar, salt, basil and pepper.
- Add turkey; mix lightly but thoroughly. With ice cream scoop or with wet hands, shape into 1 1/2-in. balls. Place meatballs on a greased rack in a 15x10x1-in. baking pan. Bake 20-24 minutes or until cooked through. If desired, toss with barbecue sauce and top with basil..

Source: Taste of Home

Grilled Summer Veggies



Ingredients

- 1 eggplant, unpeeled, sliced in 1/2 inch rounds
- 1 zucchini, sliced diagonally in 1/2 inch rounds
- 1 sweet red pepper, halved, seeded, cut in 1/2 inch strips
- 2 Tbsp Basting oil (This oil is a mix of Grapeseed Oil and Canola Oil, with a herb blend of garlic, thyme and parsley)

How to Make

- Preheat grill on medium. Coat cleaned grill grate lightly with vegetable oil. Drizzle eggplant, zucchini, and pepper with basting oil.
- Grill veggies, turning every 1-2min, until both sides are grill-marked and veggies are knife-tender, 10-12 min.

Source: Wegmans

LIGHT and EASY 5-MINUTE FRUIT MOUSSE RECIPE

INGREDIENTS

- 8.5 oz (2 1/4 cups) frozen berries or other fruit
- 2 Tbsp of sugar (or honey, maple syrup or stevia extract to taste)
- 1 large egg white
- Fresh berries and whipped

DIRECTIONS

- Add fruit to the bowl of a food processor. Process to a rough puree, about 1 min. Add the sugar or choice of sweetener and pulse briefly to combine.
- Add the egg white and process until smooth and fluffy and the mixture has lightened in color and doubled or tripled in volume, 2-3 minutes.
- If the mixture clings to the sides of the food processor's bowl too much, transfer the mixture to a medium -sized bowl and beat with a mixer fitted with the whisk attachment until fluffy.
- Spoon the mousse into glasses and top or layer with fresh berries and/or whipped cream (optional). Serve immediately or store in the refrigerator for up to 2 hours.

Source: Serious Eats



10 tips

Nutrition
Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.



HEALTH IS NOT ABOUT THE WEIGHT YOU LOSE. IT'S ABOUT THE LIFE YOU GAIN.

NATALIESHEALTH.COM

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